



April 2010

Airman recognized for out standing performance



Staff Sgt. Geralyn Schoenle received a state coin from Chief Master Sgt. Hardy Pierce, Command Chief New York Air National Guard during the recent 107th Hometown Heroes Salute Ceremony held March 14. Schoenle distinguished herself as the State Airman of the Year, the 107th Airman of the Year and the Air Mobility Command Intelligence Surveillance and Reconnaissance Airman of the Year.

107th members recognized as part of proud tradition

Over the past two years, two 107th Security Force Squadron members of Polish descent, have been recognized by the General Pulaski Association for service to their country and local community. Master Sgt. Edward Stefik and Tech. Sgt Daniel Owczarczak have demonstrated exceptional dedicated service as members of the military and members of local law enforcement. Each was recognized at annual awards dinners held by the association every March. Stefik was recognized last year and Owczarczak this year at the association's installation dinner held at the Protocol Restaurant.

General Casimir Pulaski was a general from Poland who came to America to serve alongside us in the Revolutionary War. "I came here, where freedom is being defended, to serve it, and to live or die for it," wrote Casimir Pulaski to George Washington in a letter in which he offered his military services to America during the Revolutionary War. He proved true to his word. At age 32, his heroic death at the Battle of Savannah on October 11, 1779 was received with sorrow across the land. General Pulaski's life represents the dedication of countless Americans of Polish and other ethnic origin to the principles of personal liberty and independence, which have always defined the spirit of the United States of America.

Born into a wealthy family in Poland in 1747, Pulaski, as a young man, fought for freedom from Russia in his homeland until 1771, when he was exiled to France. In Paris he met American envoy Benjamin Franklin, who influenced him to help Americans fight for their independence. Washington was so impressed with Pulaski's abilities during the Battle of Brandywine Creek that he recommended the Continental Congress appoint Pulaski as general of the American cavalry. In 1778, Pulaski organized an independent corps of cavalry and light infantry known as the Pulaski Legion. It is reported that he spent \$50,000 of his own money to help train and equip his troops. (Excerpt from the Library of Congress American Folk Life Center)

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THUNDERBIRD

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(From left to right) 1st Sgt. Shawn Larrabee, Tech. Sgt. Daniel Owczarczak, Master Sgt. Edward Stefik and Senior Master Sgt. Scott Green.

These two 107th members received the Special Honor of Polish Veteran given to them by Colonel John Kubisty. Additional attendees were Keynote speakers William Hochul of the US Attorney's Office for the Western District of New York, Don Postles of WIVB channel 4, and the Honorable Timothy Franczyk. Members of their family and other 107th members also were in attendance to give them their support.

It is moments like these that make me proud to be a member of the Air National Guard and 107th in particular. The extraordinary accomplishments of our members do not go unrecognized by those in our community and it's what makes us a first class organization. I am truly humbled and honored to serve with these two fine members of the 107th and congratulate them both for a job well done!



Chaplain Services

Catholic Mass

Saturday 4 p.m., Base Chapel

Protestant Worship

Saturday 4 p.m.,
Wing Conference Room, Building 901

The Rosary

Fridays prior to UTA at noon,
Wing Conference Room, Building 901
For service schedules of **Buddhist, Jewish,
Muslim, and Orthodox** communities, call
extension 2395.

If you need to see a chaplain, please call
Chaplain Services at extension 2395, or at
the numbers listed below. Chaplains are
always on call.

Catholic Chaplain

Lt. Col. James P. Jaeger
St. Mary's Church
32 E. Morris St.
Bath, NY 14810
Phone: (315) 597-4571

Protestant Chaplain

Maj. Jackie Ann Rose Kraft
Asbury United Methodist Church
3750 Millesport Highway
Getzville NY 14068
Office: (716) 688-8677
Home: (716) 625-6266

1st Lt. Keith A. Manry
Akron First United Methodist
7 Church St.
Akron, NY 14001
Office: (716) 542-2060
Home: (716) 542-9567

Road trip

By Lt. Col. (Chaplain) James Jaeger

This article is being inked in the first week of Lent. Lent is a spiritual journey from sin, selfishness and death to life and a renewed relationship with God and neighbor. It is a season of penance and self-denial as we follow the discipline of Prayer, Fasting, and Charitable Works. Hopefully by Easter we will be better Christians and a changed people by God's grace. It is a journey to discover much within ourselves.

A friend of mine loves to go on 'road trips'. Any cause to jump in the car and hit the road to escape on an adventure is reason to begin the journey now. We discover lots when we get out and travel.

I would like to share a place that is close to my churches. It is the best-kept secret to those outside the area and in bigger cities and communities. Yet it is a treasure. It is a place where families can spend the day together on a trip of learning and discovery. It is the ideal place for aviators; motorcycle enthusiasts who like to ride their Harleys, and military buffs. Have you guessed the special spot that I am writing about yet? It is the Glenn H. Curtiss Museum in Hammondsport N.Y. on beautiful Keuka Lake. For those in the 107th and 914th it will be especially appealing since it is a place about early aviation history. Glenn Curtiss around 1914 was a pioneer of the seaplane and his company's flying boat America, was designed in the first transatlantic competition. The NC4 (Navy Curtiss with 4 engines) made history when they flew from New York to Newfoundland to the Azores on May 27th 1919. I remind you that this was a time before navigators, flight control instruments, and reliable radio communication. We have come a long way since then! It was also before the branch of the Air Force began. It was a time when these early flights were part of the Navy at the time. This spring or summer trip destination will be very fun and informational for many. It is worth the day spent in travel and it's only a few hours away. Other good things to be found there include the gift shop. Buy a golf shirt, sweatshirt, hat, or early historical motorcycle patch for your rider jacket.

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Do you remember when?

By Chief Master Sgt. Samuel Davies

I take a step back in time and remember when, in 1973 the Bills finished second in the AFC, Tim Horton played defense for the Sabres, gasoline was leaded (\$.35/gal) and the 107th Fighter Group flew the F101 Voodoo, T33 Shooting Star and the C54 Skymaster. As the years have gone by, the Bills are still the Bills, Tim Hortons is a place to stop for coffee on the way to work, gasoline is unleaded (more than we would like to pay) and the 107th Airlift Wing flies the C-130 Hercules.

The aircraft were different back then but the 107th was emerging from the post-Vietnam era as one of the greatest fighter groups assigned to the Air National Guard. The personnel have changed over the years also including some of the great leaders before us; Louie Devito, Stan Holstein, Russ Grasso, Larry Favorite, Bob Price, Emory Au, Dave Schmitt, Mike Svisco, Loretto DeCarlo, Tom Wagner and many more too numerous to list. Yes, these individuals and those who came before them and those presently serving help make the 107th what it is today, the best of the best in the Air National Guard.

Thirty years from now many of you will remember when the 107th flew the "Tanker" and the C-130 Hercules and yes those were the good old days. The names will have changed along with the aircraft flown. The great members of the 107th continuing to do what they do best accomplishing the mission. Sometimes it is good to look back and reflect on that which clearly demonstrates excellence, but more importantly to realize our weaknesses and improve that which requires improvement.

Almost 37 years have passed since I took the Oath of Enlistment to join the New York Air National Guard and proudly serve as a member of the 107th. As I end my career with the 107th and begin new opportunities, my wish for the younger Airmen of the 107th is to remember when the 107th AW was emerging from the post-9/11 era as one of the greatest airlift wings in the Air National Guard and to continue the great heritage the 107th proudly claims.

Chaplain from Page 4

Last year over 2,000 school children participated in an archeological dig program. When the weather breaks come on a road trip to the museum. Stop and sample some wine from many local wineries like Bully Hill and Dr. Frank. There is so much you can do on a day trip to Steuben County. Come and enjoy the gems of this state.

For more information go to www.glennhcurtisismuseum.org For anyone wishing to visit, please come and get two museum passes that I have in my office.

Please drive safely in the journey. Peace to all.



Student flight pumps up recruits for BMT

By Capt. Elaine Nowak

107th AW Public Affairs Office

You may have seen some fresh-faced people with military haircuts wearing matching t-shirts on base. These are members of the 107th's student flight. These individuals are awaiting training, but they're not just sitting and waiting anymore. They have a home in the student flight program where they gain tools that will help them in their near future.

The student flight program is essential in preparing our newest recruits for basic training and unit membership. Students' first priority is to take care of requirements such as their security clearance application, newcomers' orientation and ID badges. Once those items are accomplished, they join the rest of the group in preparation for training.

Students have monthly open ranks inspections where they are checked to assure they are meeting personal grooming and student flight uniform standards. They practice falling into a formation and marching. They also work on memorization of items such as their reporting statement and the Airman's Creed. Recent BMT graduates often come to speak to the student flight. They share their experiences and answer questions. They also show students how to do things such as make their bed BMT-style and how to roll their clothes (yes, roll!). The trainees also get briefings on things like traffic safety and customs and courtesies. 2nd Lieutenants Michael P. Loncar and Andrew J. Rodgers are currently managing the program and plan the student flight's drill activities.

Trainees get physical, too. They have monthly weigh-ins to monitor their weight. They learn about the rigorous BMT physical fitness standards and prepare for those by going to the fitness center to workout as a group. You may also hear the group doing push-ups in the student flight room.

Some student flight members get a chance to serve in a leadership role as the dorm chief or assistant dorm chief.

"We try to delegate and allow the students to police themselves. Some trainees have been here for almost a year. They are assets to the other students," said Lt. Rodgers.

The program's successes are evidenced by the successes of its students. They leave for BMT with tools that will help them cope with the difficulties of training. The knowledge they apply helps them to stand out from the other recruits in the best of ways. Many recent BMT/technical training graduates have returned as honor graduates, dorm chiefs, ropes and the like. Tech. Sgt. Jessica King explains, "You don't understand how much you learned until you get there." She has received a lot of positive feedback about the student flight program from individuals she has recruited.

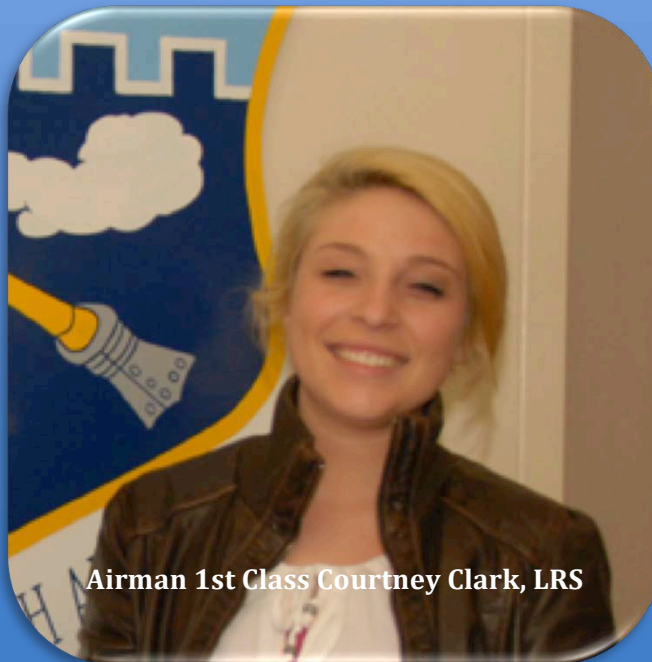
Airman 1st Class Matthew J. Kelkenberg recounted what he found to be helpful about student flight. One thing he learned was "thinking while you're getting yelled at and not letting it get under your skin." That calm under pressure can be a life-saver in BMT and beyond. He and his brother, Mark, attended BMT together and felt they got much less negative attention compared to some of their fellow recruits. He said of their arrival at BMT, "We were ready." That is, perhaps, the nicest compliment you can pay to the student flight program.



Welcome to our family



Airman 1st Class Laura Sawyer, OPS



Airman 1st Class Courtney Clark, LRS





Your Niagara Falls Air Reserve Station Base Honor Guard presented the Colors for an Enlistment / Re-enlistment Ceremony that took place at the Ralph on Oct 11th. On that same date, prior the start of the Bills/Browns game the Honor Guard presented the Colors during the singing of the National Anthem as Niagara Falls C-130's performed a flyby.

The Honor Guard's primary focus is Military Funeral Details but is also called upon to perform at civic events. If you are interested in honoring those who served before you with dignity while earning extra retirement points and pay, then the Honor Guard might suite you. Currently we are in need of 107th members who are in good standings with their units to attend a 5-day training course. We only ask that you be able to perform a minimum of 2 days per month.

If you would like to learn more about the Honor Guard or would like to become a member contact us at 716-236-3182 or our work cell phone at 716-622-0494.



Active Shooter Response Measures

When an Active Shooter is in Your Vicinity

1. Evacuate

- Evacuate if shooter is at your location
- Have an escape route & plan in mind
- Do not stop to render aid to victims
- Escape in the direction away from shooter
- Leave your belongings

2. Hide

- Hide in area out of shooter's view
- Lock exterior and interior doors
- Stay low to ground
- Block entry to hiding place with heavy furniture or equipment

3. Take Action

- As a last resort when your life is in imminent danger, attempt to incapacitate the active shooter
- Act with physical aggression & throw items at active shooter

When Police Arrive

- Remain calm & follow instructions
- Immediately raise hands & spread fingers
- Keep hands visible at all times
- Avoid making quick movements and do not hold on to officers
- Avoid screaming or yelling
- Evacuate as instructed w/o question until safely outside

Report to 911

- ☐ Location of Shooter and direction of movement
- ☐ Number of Shooters
- ☐ Shooter(s) description
- ☐ Number and type of weapons (and/or explosives)
- ☐ Number of potential victims

Building Number: _____

Facility Mgr: _____

Phone #: _____



The importance of staying fit

By 1st Sgt. Dean Morris

Why is physical fitness so important? There is no one benefit to physical fitness, first thing is you're more likely to live a longer and healthier life. Not a good enough reason? How about you'll have more strength, energy, and stamina. Your bones will be stronger and your mind sharper. You'll get sick less, sleep better, reduce lower back pain and your mood will improve. Still need a better reason?

Your future in the Air Force is dependent on you passing your fitness test. Members are expected to be in compliance with Air Force fitness standards at all times. When members fail to comply with those standards they leave themselves potentially subject to administrative action.

To stay physically fit there are three basic things you need to accomplish, you need to get your heart and lungs pumping, keep your body limber, and tone your muscles. Don't forget to see your doctor before beginning any physical fitness program. Choose a program that is right for you; don't just jump into the P90x or insanity workouts. Take it easy and start slowly. When you start if you push it too hard, the muscle soreness deters a lot of beginners from continuing with the program.

It is very important to set up a plan before you begin any exercise program. Exercise combined with a portion control meal yields the best results. I don't really believe in diets because I like to eat too much so I find myself breaking my diets soon after I start them. I eat what I want but I do it in portion control, I eat until I'm not hungry not until I'm full. Everyone is different so each person will have to find what works for them. The important thing is to do something, make an effort and as long as you're not expecting miracles you will like the results. Typically you won't see results for three to four weeks so don't get discouraged. Anyone interested in learning more about nutrition should check out the healthy living program that is offered at the medics.

July 1st 2010 the new fitness program instruction AFI 36-2905 is effective. This directive states the member will maintain year-round physical fitness through self-directed fitness programs and proper nutrition standards. There will be a new questionnaire to complete but the body composition assessment (the tape measuring) will be the same as the current program. ANG members are mandated to complete and pass one minimum fitness test a year. Log on to the fitness management system on the portal and review your previous scores to see where you need to improve. For further information about the fitness program check out these links;

https://www.my.af.mil/affms/cfm/fms/index.cfm?FuseAction=Fitness_Home

<http://www.afpc.randolph.af.mil/affitnessprogram/index.asp>

It's never too early to start preparing for the next fitness test but in my opinion you should just do it for yourself and a healthier lifestyle.



Outstanding maintainers



Col. Bob Kilgore presents Tech. Sgt. Patrick Bapst an Air Force Long and Faithfull Service Medal



Tech. Sgt. Daniel Weiser, Air Force Achievement Medal



Staff Sgt. Sara Kern, Air Force Achievement Medal



Staff Sgt. Scott Weis, Air Force Achievement Medal



Formal kudos



Lt. Col. Steven Hefferon presents Tech. Sgt. Joanna Blackburn with an Air Force Achievement Medal



Tech. Sgt. Dana Borget holds an Air Force Achievement Medal, presented to her by Lt. Col. Steven Hefferon



Deserved recognition



Lt. Col. Steven Hefferon presented Staff Sgt. Edwin Castro with an Air Force Achievement Medal.



First sergeants Randall Shenefiel and Derrick Harris pose with Master Sgt. Jeanne Heintl on the occasion of her retirement.



New stripes



Rachel Barker is promoted to technical sergeant by Lt. Col. Steven Hefferon (on left) and Senior Master Sgt. Jerome Krakowiak.



David Thiel gets technical sergeant stripes gently applied by Lt. Col. Steven Hefferon and Chief Master Sgt. Randy Johnston.



Stripes and smiles

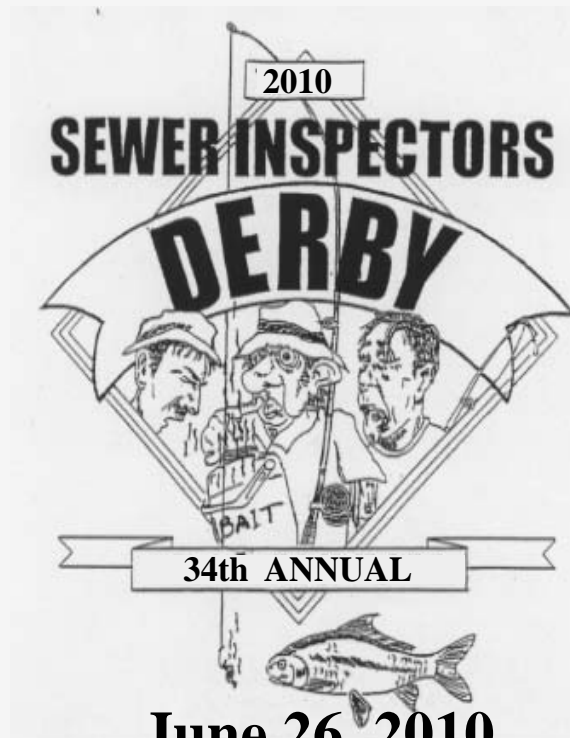


Lt. Col. Steven Hefferon and Capt. Daniel Kiblin promote Maria Gillete to staff sergeant.



Adam Wisnowski becomes a senior airman as Lt. Col. Steven Hefferon and Capt. Peter Glennon pin on his stripes.





June 26, 2010

Upper Niagara River and Lake Erie

Fishing starts at midnight till noon, party at noon, judging at 1300

**VETERANS PARK, RIVER ROAD
TOWN of TONAWANDA, N.Y.**

ENTRY FEE: \$25.00 Due when making reservations

Nearest boat launch is at Isle View Park which is near Veterans Park.

No fishing license required for this weekend.

This is a NYS free fishing weekend. License still required for Canadian waters

Lunch served with the trimmings

RESERVATIONS BY MAY 16, 2010

Contact: Steve Buja 236-2359, Bob Spahn x-2348, Joe Hodkin x-2463,
Gary Henning or Todd Guay X-2034

E-mail: steven.buja@nyniag.ang.af.mil

Rules furnished upon request at payment of entry fee



Directions to Veterans Park

From the North, follow River Road, right on Niagara St.
From the 190 take last exit before Grand Island, if you pass
Mississippi Muds you have gone too far.



Only one fish entry per person.

Optional Catch and Release

Catch and release fish rules: 2 pictures must be taken using digital or Polaroid camera only.

1st picture will be of entrant holding the fish to be released.

2nd picture will be of the fish being measured. Fish will be measured from the tip of the nose to the tip of the tail. Measurement must have entire length of scale showing and must be readable to judge. Any attempts to alter or defraud judge will disqualify fish and entrant.

If you need a crew or need a boat to fish from let us know we will try to help.

Family and friends must have a 107th or 914th member (retired or active) with them to attend.



Retirements



Capt. John Judge presents Tech Sgt. John Ginan with a retirement flag



Capt. John Judge presented Master Sgt. John Porter with a retirement flag.

